UCSF
Newsbreak

News for the UCSF Campus Community

VOL. 12, NO. 32 NOVEMBER 21, 1997

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7 Former FDA commissioner urges UCSF Stanford to take high road in health care

Mission Bay on fast track for development

By LISA CISNEROS

In University time, UCSF's Mission Bay campus appears to be on the fast track for construction — at least for the first phase of development planned for the southwestern block at 16th and Owens streets.

The original timeline for UCSF's long-range development plan projected that the first three building of Mission Bay would begin in 2005. That schedule has been accelerated by six to seven years.

Together, the first three buildings, known as 1A, 1B and 1C, account for 465,000 gross square feet, yielding 187,000 assignable square feet for research. In addition to research space, space will be set aside for animal care and other support facilities and amenities. Full buildout of the $800 million campus — contingent on financing — is expected to be phased over the next 15 years .

"With funding in hand for the first buildings and rezoning completed for building 1A — a 125,000-square-foot building — we are now programming and identifying occupants of the first buildings," says Bruce Spaulding, vice chancellor of University Advancement and Planning. "We hope to break ground on building 1A by the end of 1998."

The first phase is expected to cost a total of $248.4 million, according to Steve Barclay, vice chancellor of administration and finance. Financing for the entire project will come from a variety of fund sources, including the state, external financing, campus reserves, prepaid lease, and gifts from donors.

UCSF officials updated UC Regents yesterday on the Mission Bay project — the architectural design competition, the public review process and the unique role the Bay Area Life Sciences Association (BALSA) has played in its development. To foster the relationship between BALSA and UCSF, the University proposes establishing a public/private, nonprofit partnership for the promotion, fundraising, master planning and development of Mission Bay.

With authority delegated by the Regents for each campus to select master architects, Chancellor Haile Debas has accepted the competition jury and BALSA's recommendation to name

(See **Mission Bay** on page 8)

Chris T. Anderson

From left, Sergeant Randy Foster, Corporal Rob Roy and Corporal Rob Duncan of the 91st Division (EX) US Army Bagpipers provide music during the dedication of a new memorial for Vietnam veterans.

The eagle has landed

A 4-foot bronze eagle atop a 10-foot black granite column was dedicated to the men and women who served in the US armed forces during the Vietnam War at a special ceremony at the Veterans Affairs Medical Center in San Francisco on Nov. 10.

Roy T. Maloney, a San Francisco resident and Vietnam veteran, donated the sculpture to his comrades at the ceremony, during which Nancy Pelosi, a member of the US House of Representatives, addressed the veterans.

The day also included an art show and the opening of a new Member Services Office, which was created in response to veterans' requests for a centralized place to receive information on subjects ranging from benefits and eligibility to available medical services. Staffers are specially trained to address myriad patient needs. Diana C. Nicoll, chief of staff of the SFVAMC and associate dean of the UCSF School of Medicine, cut the ribbon officially inaugurating the new office.

Regents to vote on domestic partner benefits today

By PAULA MURPHY

As Newsbreak went to press, the fate of domestic partner benefits was being decided by the UC Regents at their meeting at UCLA. The contentiousness of the issue escalated in recent weeks as Ex Officio Regent Gov. Pete Wilson — who made a rare appearance at the meeting — voiced opposition to a plan to offer health benefits to same-sex partners of employees.

After hearing from a strong contingent of faculty and staff urging the University to provide some form of domestic partner benefits, a majority of Regents seemed to be in favor of offering such benefits at their last meeting in September.

Citing widespread support for domestic partner benefits within the University and the existence of such policies at most of UC's comparable universities, UC President Richard Atkinson recommended yesterday that the Regents let him extend health care benefits to long-term, committed, same-sex domestic partners of UC employees and to issue systemwide guidelines to expand eligibility categories for campus student family housing programs.

Atkinson, who has the administrative authority to revise employee health insurance without a vote by the Regents, was about to grant health insurance and student housing to same-sex partners until Wilson took the issue out of his hands by forcing it onto the Regents' agenda this week and thus putting it to a vote.

(See **Domestic partners** on page 8)

Nominate now for Chancellor's award to advance women

Nominations are due Tuesday, Dec. 2 for the 1998 Chancellor's Award for the Advancement of Women.

This annual award recognizes one academic/faculty member, one staff member and one student/resident or postdoc for their contributions to the advancement of women at UCSF. Nominees eligible for this award are those who:

- elevate the status of women on campus;
- help improve policies affecting women;
- participate in or assist in the establishment of career and academic mentoring for women;
- contribute to the generation or dissemination of knowledge on women's health through research, teaching and public presentations; and/or
- promote and advance the admission, recruitment, retention and upward mobility of women on campus.

Both men and women may be nominated. Each recipient will receive $1,000. Nomination forms are available in the Chancellor's Office, S 126 and must be returned to that office by 5 p.m. Tuesday, Dec. 2.

Award recipients will be announced in January 1998 and they will receive the awards at a presentation ceremony held during Women's History Month in March. For more information, call Ruth Weiller at 476-4223 or email her at rweiller@chanoff,ucsf.edu.

Researchers show gene manipulation alters worm's life span

By JEFFREY NORRIS

For reasons that science has not yet fathomed, life span differs radically among creatures, even among those roughly similar in size and physiology, such as humans and their larger canine pets.

It might seem that people age simply because their bodies become damaged and wear out. But evidence emerging from studies of a tiny worm is beginning to suggest that our length of stay on Earth instead may be governed largely by the normal patterns whereby genes are either activated or are made dormant.

A new study reported by researchers from UCSF in the Nov. 14 issue of Science demonstrates that gene activity can be manipulated to alter life span.

According to a research team led by Cynthia Kenyon, who is the Herbert Boyer Professor of Biochemistry and Biophysics at UCSF, changes in the activity of a single gene — at least in the lint-sized, free-living roundworm, *Caenorhabditis elegans* — is sufficient to more than double the animal's life span.

The relevance of *C. elegans'* anatomy, genetics and physiology to humans may not be obvious to most people, but it is well accepted by biomedical researchers. In fact, in conjunction with the much celebrated Human Genome Project, aimed at mapping all human genes, researchers are similarly mapping the ten-fold smaller complement of genes possessed by *C. elegans.* The simplicity of *C. elegans* may permit scientists to more quickly advance their understanding of basic biological phenomena.

"Worms look different and are simpler than vertebrates such as ourselves, but the basic processes of life are carried out by similar genes, including those governing patterns of growth and development," Kenyon says.

"We know next to nothing about aging," she adds. "But because so many of these basic biological processes are conserved throughout evolution, it is likely that what we learn about aging in the worm will apply to more complex organisms, including humans."

Investigations by Kenyon's research team of the gene called daf-16 show that it is related to a large class of genes that is also present in vertebrates, including humans. These genes are called "forkhead" genes, because of the shape of the proteins they encode.

Forkhead proteins perform a supervisory role in the cell's nucleus. They attach to DNA and thereby control the activity of genes. These genes, through

(See **Worm** on page 3)

In Memoriam

Marvin D. Siperstein, professor of medicine at UCSF and an endocrinologist at the San Francisco Veterans Affairs Medical Center, died on Nov. 3 after a two-year battle with cancer. He was 72.

Siperstein

A renowned researcher in diabetes and cholesterol metabolism, Siperstein trained and inspired several generations of prominent American medical researchers including two Nobel laureates.

Siperstein was also a devoted physician to patients at the SFVAMC. He continued teaching, clinical research, administration and patient care until one month before his death.

He was raised in Minneapolis and received his undergraduate and MD degrees from the University of Minnesota. He also earned a PhD in physiology in the laboratory of I.L. Chaikoff at UC Berkeley. With the newly developed availability of radioactive isotopes from the Lawrence Berkeley Laboratory, Siperstein and Chaikoff were able to trace the metabolism of cholesterol in the body. These studies were the first to emphasize the significance of cholesterol synthesized by the body in the development of atherosclerosis.

Siperstein's work later served as the foundation for the Nobel Prize winning work of his protégés Michael Brown and Joseph Goldstein. His research on metabolism of glucose in the liver led to him receiving the prestigious Lilly Award of the American Diabetes Association. He also made major contributions in defining the diagnosis of diabetes and developing an understanding of the basis of complications. Siperstein authored more than 130 publications.

The recruitment in 1973 of Siperstein, universally regarded as one of the world's distinguished professors of medicine, to the SFVAMC and UCSF was regarded as a singular achievement. As expected, he established an outstanding program in clinical care, education, and research in endocrinology and metabolism over a quarter century.

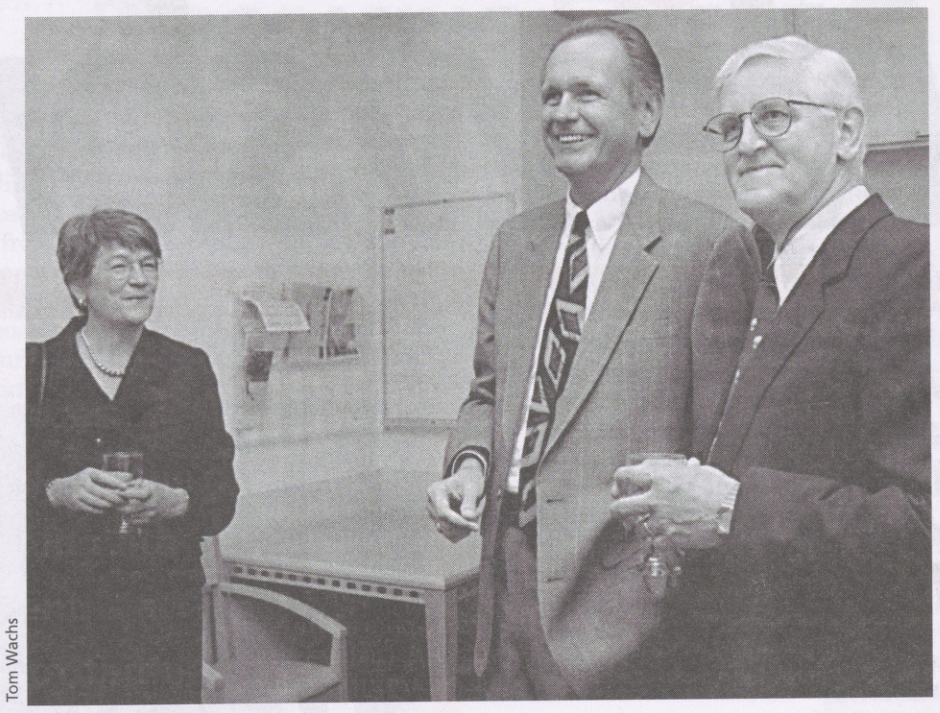
Siperstein served as a member and chair of the Board of Scientific Counselors at two NIH Institutes, the National Heart and Lung Institute (1969-1973) and the National Institute of Arthritis, Metabolism and Digestive Diseases (1976-79). He had been on the editorial board of seven journals. He served on more than 20 national, university and hospital committees. As a member of the UCSF Academic Senate, he was a champion of retirement and welfare benefits for faculty.

At the time of his death he was president of the Northern California Institute for Research and Education, a non-profit foundation supporting research at the SFVAMC.

He received many rewards, including the Outstanding Achievement Award of a Graduate of the University of Minnesota (1997) and the UCSF University Service Award (1996).

Siperstein is survived by his wife of 45 years, Eleanor. He is also survived by a son, two daughters; seven grandchildren; and his brother. His son Allan is also on the faculty of UCSF.

Memorial contributions may be sent to the Marvin D. Siperstein Research Lectureship Fund of the Northern California Institute for Research and Education, c/o NCIRE, 4150 Clement Street (151NC), San Francisco, CA 94121.


Tom Wachs

Back from Boston, briefly

Joseph and Rachel Martin came back recently to UCSF where the Medical Center presented a belated going away gift — a solarium in the hospital dedicated in their honor.

The former UCSF chancellor, right, now dean of the Faculty of Medicine at Harvard University, was honored for his eight years of leadership as chancellor and dean of the School of Medicine. He was a driving force in the merger of UCSF and Stanford clinical programs. Rachel Martin, left, was recognized for her years of volunteer work with the Hospital Auxiliary.

At a ceremony on the eighth floor of Moffitt Hospital, a plaque honoring the Martins was unveiled at the neurovascular service solarium. In addition to being an academic leader, Martin is an internationally recognized leader in the field of neurology.

The celebration was attended by many of Martin's UCSF friends, including Bill Kerr, center, chief operating officer of UCSF Stanford Health Care.

Israeli oncologist visits UCSF, Stanford

Cancer may be the same disease around the globe, but the way physicians and patients approach it can be worlds apart, a visiting Israeli oncologist is learning.

"The patient-doctor relationship is so different here," says Ayala Hubert, a medical oncologist and radiotherapist in practice at Hadassah Hospital in Jerusalem. Patients are given the whole truth."

"In Israel, we don't lie, but we are under a lot of pressure from families not to tell everything," she says. "I think most patients would like to know the truth and can handle it."

During a recent two-week tour in California, Hubert visited the UCSF/ Mount Zion Cancer Center and Stanford Medical Center as part of the Billie Zemel UCSF/ Mount Zion Oncology Fellowship.

While she doesn't dismiss innovations in the Israeli system, Hubert says she has learned new diagnostic and treatment options from her American counterparts at UCSF and Stanford. American physicians, for example, are making more use of monoclonal antibodies, including the HER2/neu antibody, now being used in clinical trials at UCSF in women with advanced cancer.

Hubert also was interested to learn about innovations in radiation therapy, particularly research by Mack Roach III, UCSF associate professor in radiation oncology and medicine, in which high-dose radiation is targeted to a localized area in prostate cancer patients.

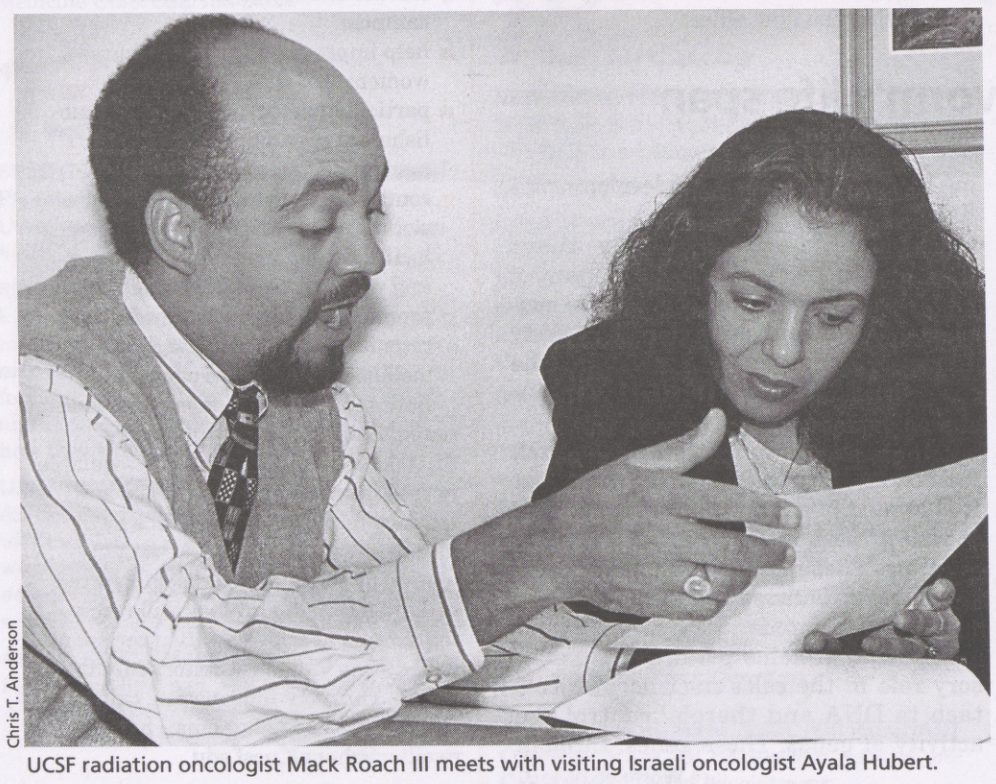
Israel, Hubert says, has made major advances in establishing genetic testing and counseling for Ashkenazy women who may be more likely to inherit an altered copy of the BRCA1 and BRCA2 genes linked to breast cancer. Special clinics have been established for carriers of the genes, she notes.

She also was impressed with the variety of emotional and psychological support and resources available in the US. "Meditation, yoga, music. I have a whole load of information to take back with me," she says.

While on the West Coast, Hubert was a guest of Ernest Rosenbaum, clinical professor of medicine at UCSF/Mount Zion, and his wife, Isadora.

The Billie Zemel Fellowship has been given annually for more than 11 years to allow Israeli physicians an opportunity to study American health care. The fellowship was named in honor of the late wife of Arthur Zemel, a Peninsula businessman.

—Dale Martin


Chris T. Anderson

UCSF radiation oncologist Mack Roach III meets with visiting Israeli oncologist Ayala Hubert.

Nurses pen book on common signs, symptoms

UCSF Nursing Press announced yesterday the publication of its newest book, "Assessing and Managing Common Signs and Symptoms: A Decision-Making Approach for Health Care Providers," by registered nurses Lisa Lommel and Patricia L. Jackson, and 11 other contributors.

Based on an award-winning curriculum designed by faculty of the UCSF School of Nursing, the 465-page book is "state-of-the-art for both teachers and learners who strive to meet the challenges as competent health care providers skilled in both the science and the art of clinical decision making," says Charlene Hansen, past president of the National Organization of Nurse Practitioner Faculties. "The authors make a major contribution to the current literature."

Beginning with an overview of clinical decision making, the book addresses eye conditions; ear, nose and throat conditions; pulmonary conditions; chest pain; musculoskeletal pain; fever; skin conditions; gastrointestinal conditions; and genitourinary conditions for both females and males.

The book also features a special section that offers an across-the-lifespan illness focus. For each symptom and age group, authors present current literature for review, cutting-edge research for critical analysis, clinical guides for gathering and organizing the information needed to formulate care plans, and case-based study questions for further discussion of symptoms.

UCSF Nursing Press publishes a wide range of resources for health care professionals and the public. One of its more popular books, "Culture and Nursing Care: A Pocket Guide," has received awards for its advice on delivering culturally competent and sensitive care. Other titles include, "Managing the Side Effects of Chemotherapy and Radiation Therapy" and "Nutrition Maintenance and Health Promotion."

To order a copy of the latest book, call 476-4992. For more information, check out this website: http://nurseweb.ucsf.edu/www/books.htm.

Private Support

UCSF is pleased to acknowledge the following listing of gifts/pledges of $25,000 or more from individuals, corporations and foundations received October 16 - November 8, 1997.

$100,000 - $249,999

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The Henry J. Kaiser Family Foundation
Pearl T. Kimura, '39
Pfizer, Inc.
Target Therapeutics

UCSF Newsbreak

(ISSN0891-6063) Volume 12, Number 32, Nov. 21–Dec. 19, 1997. Published by the University of California, 3333 California St., Suite 103, San Francisco, CA, 94143-0462, 29 issues per year – biweekly January through October, biweekly November, and monthly December. Periodical postage paid at San Francisco, CA. POSTMASTER: Send address changes to UCSF Newsbreak, Public Affairs, UCSF, Laurel Heights, 3333 California St., Suite 103, San Francisco, CA 94143-0462.

Deadline for the next issue, to cover December 20–January 16, 1998, will be on **Friday, December 12.** Please send news to Lisa Cisneros at 476-3256 (cisnero@itsa.ucsf.edu) and calendar items to Nancy Heller at 476-8810 (nheller@itsa.ucsf. edu), all at Box 0462. Fax last-minute copy to 476-3541. For address and distribution changes, call C.J. Burleson at 476-6791.

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Researchers outline course of action to curb teen pregnancies

By LORDELYN DEL ROSARIO

California needs "a joint effort at many levels, bringing together parents as well as the political, economic, medical, educational, and religious institutions whose systems and policies influence the underlying conditions that lead to teenage pregnancy," says UCSF physician-researcher Claire D. Brindis.

"A statewide plan must acknowledge complex social realities and provide youth with healthy alternatives to early parenthood," adds Brindis, director of the Center for Reproductive Health Policy Research at the UCSF Institute for Health Policy Studies.

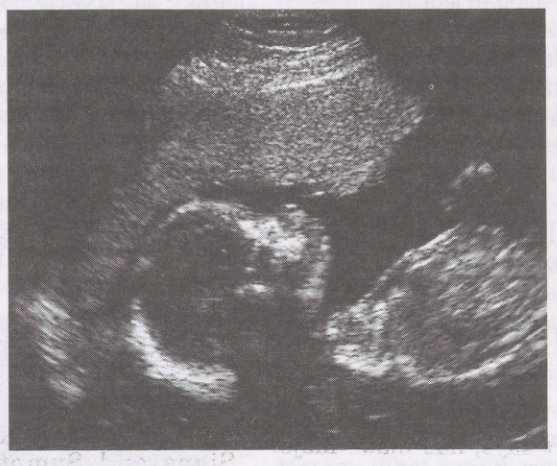
As lead author of the newly published analysis entitled, "Complex Terrain: Charting a Course of Action to Prevent Adolescent Pregnancy," Brindis reported their findings last week at the annual conference of the California Alliance Concerned with School-Aged Parents.

While birth rates of 15- to 19-year-old teens in California has decreased by 11 percent from 1991 to 1995 and another 9 percent in 1996 — due to effective use of contraception — the state's teen birthrate (58.6 births per 1,000 teens) is still higher than the US birthrate (56.8 per 1,000) in this age group.

But it is still possible — and probably likely — that California will see a dramatic increase in the total number of pregnant and parenting teens by the turn of the century due to an impending boom in the state's adolescent population. Projections show a 34 percent growth in the state's youth population (ages 10-19) by 2005, compared to a national increase of 13 percent.

"To avoid this increase, we must not only enhance our current efforts, but we must employ a more comprehensive approach to the prevention of adolescent pregnancy and childbirth," the authors write.

Research suggests that adolescent pregnancy is related to poverty, which strikes one in every three children in the state, Brindis adds. Those most likely to become young parents are poor teens and teens of color, while middle-and upper-class whites postpone parenthood to pursue goals. (See chart above.)



And although Gov. Pete Wilson has made preventing adolescent pregnancy a priority as a major policy issue, investment in the new Partnership for Responsible Parenthood, for example, may not be nearly enough nor sufficiently directed at the true underlying causes of teen pregnancy, authors say.

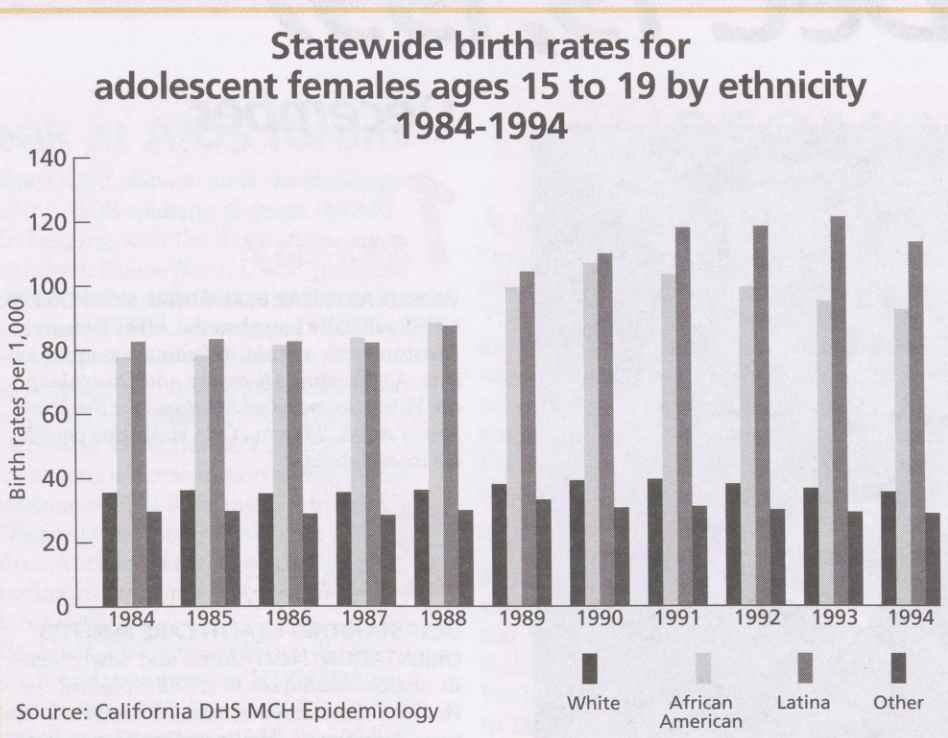
"Few adolescent pregnancy prevention programs directly address such root causes as poverty, racism, disenfranchisement or the severely limited life options that many of our youth believe will determine their futures," authors write. "Furthermore, few public policies have attempted to directly address such fundamental issues as income distribution and access to opportunities that are taken for granted by middle-and upper-income parents and youth."

The authors note that while Gov. Wilson supports teen pregnancy prevention and family planning, he also supports significant cuts in benefits to poor families, thus further increasing the number of children and youth being raised in poverty. These positions lack internal consistency and undermine the Administration's best intentions, authors say. Ultimately, they add, California needs more opportunities to engage youth in building for the future.

Concerned with the environment in which many California adolescents are growing up, The California Wellness Foundation (TCWF) commissioned the UCSF health policy team to analyze state-level policies that affect adolescent pregnancies and births and to make recommendations for policy efforts at the state and local levels. The UCSF study is a part of TCWF's 10-year effort to reduce the rates of childbearing among adolescents in California.

Brindis and her research colleagues, Sara Ann Peterson, Sharon Brown, and Steve Snider, who edited the report, conducted an 18-month analysis using a multi-pronged approach, including a review of existing documents such as key reports, journal articles, and official government policy statements and legislation on this subject.

They also interviewed people they defined as key "stakeholders" — professionals working at the front lines to address the issue of adolescent pregnancy. In addition, the team conducted focus groups with both male and female teens to gather vital commentary on how public policies really affect their lives.



What to do

Researchers identified the following five critical ways to prevent teen pregnancy in California:

- Augment educational interventions by setting uniform statewide standards that support comprehensive sexuality education, including information on abstinence as well as contraception.
- Devise strategies that include the role of the male partner in adolescent pregnancy prevention, address concepts of masculinity and efforts to establish paternity and enforce child support responsibilities.
- Evaluate welfare reform legislation needs to determine its longterm impact on adolescents and adolescent parents. Such welfare reform efforts should include financial incentives that can be used to pay for college or vocational school tuition, child care, housing costs, and other living expenses to assist adolescent parents in delaying subsequent births.
- Provide greater access to reproductive health services. Policies and strategies in California must continue to ensure that low-cost or free, confidential and non-judgmental services are readily accessible to all adolescents.
- Get managed care organizations to play a role in reducing adolescent pregnancies.

The Young Women's Program relocates

The Young Women's Program, a health services clinic for pregnant and parenting adolescents, is moving from its site on Parnassus to the UCSF/Mount Zion medical office building at 2330 Post St., Suite 360, as of Tuesday, Jan. 6.

The program, an effort established by the UCSF School of Nursing in cooperation with the medical center, provides confidential health services to any pregnant or parenting adolescent woman up to age 21.

A team, including nurses, physicians, a nutritionist and social worker, offer comprehensive services to provide early and regular prenatal care and counseling to help ensure a healthy pregnancy and delivery. For more information on the program, call 353-7332.

Worm (from page 1)

the production of additional proteins, in turn, guide development and growth. However, specific functions are known for only a few forkhead proteins.

Kenyon's group has discovered that the uninhibited activity of the forkhead gene daf-16 in *C. elegans* can more than double the worm's two-to-three-week life span, apparently without altering growth or development. The finding suggests that similar, as yet unidentified forkhead genes may govern life span in vertebrates, including humans, according to Kenyon.

Now that daf-16 has been cloned by members of Kenyon's group, and independently by another research team led by Gary Ruvkun of Massachusetts General Hospital and Harvard Medical School, researchers can manipulate its activity to investigate how it affects other genes.

Kenyon hopes to identify these "downstream" genes, one or more of which may be more directly involved in controlling life span, she says. Once these genes are identified in *C. elegans,* it will be easier to look for life-span-controlling counterparts in vertebrates, including humans, she adds.

In 1993, Kenyon reported the discovery of a life span–doubling gene in *C. elegans,* a defective version of a gene called daf-2, which appears to be related to certain human genes. The analogous human genes encode "receptor" proteins which attach to and promote the actions of the hormones insulin and insulin-like growth factor.

Kenyon's group discovered that *C. elegans* lives longer when daf-2 is damaged by a small alteration in its DNA code. But the increase in worm longevity requires not only faulty daf-2, but also normally functioning daf-16, Kenyon's group determined. It's as if the activities of the two normal genes oppose one another.

An analogy can be made to humans, where the activity of certain forkhead genes can be stymied by insulin. In the same way, normal daf-2 activity seems to hold in check the life span–increasing properties of daf-16, Kenyon says.

In higher organisms, the level of insulin is known to be influenced by diet, so it is intriguing that daf-2, a protein similar to the insulin receptor, can influence the life span of *C. elegans,* Kenyon says.

Interestingly, scientists who conducted studies restricting the amount of food consumed by rodents found that the animals lived longer than fellow rodents allowed to feed freely. As in the longer-lived roundworms, the rate of metabolism in the calorically restricted rodents appeared to be unchanged.

"Life span in both *C. elegans* and in vertebrates may be regulated by an evolutionarily conserved mechanism involving a forkhead protein that promotes longevity when food is scarce and an insulin family member that counteracts it," Kenyon concludes.

New hotline for accidental blood exposures

Clinicians who need advice on treating patients who have suffered occupational exposures to blood now have access to a new 24-hour emergency hotline to help provide prompt and appropriate treatment.

The free hotline is open seven days a week by calling 888-HIV-4911 (888-448-4911).

Health care workers are often exposed through occupational accidents to HIV or hepatitis and other blood-borne diseases. Studies have found that prompt treatment for exposures can help to reduce the number of persons who actually become infected from these accidents.

The hotline, called the National Clinician's Post-Exposure Prophylaxis Hotline (PEPLine), is staffed by UCSF health care providers at San Francisco General Hospital. PEPLine offers the most current information on treatment (prophylaxis) for occupational exposures. Callers to PEPLine will receive immediate advice from physicians, clinical pharmacists or nurse practitioners. Non-emergency calls will be returned during business hours.

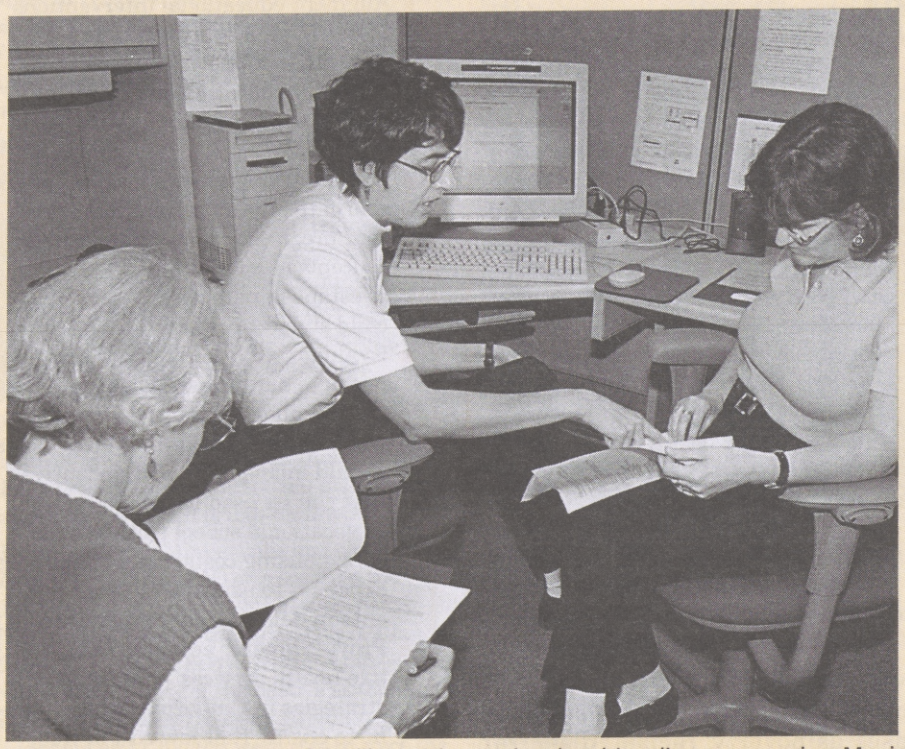
The PEPLine experts will help callers assess patient risk, discuss the current post-exposure prophylaxis protocols, and review specific treatment and follow-up options. Written materials expanding on the telephone discussion will be sent when needed. Protocols are also available on the internet: http://epi-center.ucsf. edu.

The PEPLine was created by combining resources from two existing UCSF programs — the National HIV Telephone Consultation Service (Warmline) and the Needlestick Hotline. The Warmline (800-933-3413) is a free consultation service for health care providers caring for HIV-infected patients and is supported by the Health Resources and Services Administration (HRSA). The Needlestick Hotline was developed in 1988 to provide immediate treatment to exposed health care workers at SFGH and has served as a model for similar programs.

"Over the past four years, the Warmline has received more than 900 calls about needlesticks and other occupational exposures, and the number of calls is increasing," says Ronald H. Goldschmidt, director of the Warmline, co-director of the PEPLine and UCSF professor of family and community medicine. "Health care workers are justifiably concerned about this issue and they need the most current information."

—Alice Trinkl

Nov. 21–Dec. 19, 1997



Chris T. Anderson

Gail Persily, center, manager of the library's instructional multimedia program, gives Monica Hubbard, right, a professor in the pediatric nurse program, a lesson on how to access the Web while Lee Wentworth, professor of neurology, looks over a handout.

Teaching technology in education

Through its Multimedia Development Lab, the UCSF Library and Center for Knowledge Management offers a workshop series, "Technology in Education," for faculty that is designed to help them incorporate technology in their curriculum to enhance teaching and learning.

The final two workshops this quarter, called "Introduction to Creating Multimedia for the Web," will be held on Thursdays, Dec. 4 and Dec. 11, from 4 to 6 p.m.

Non-faculty interested in learning more about multimedia or the Web should check out the library's informatics seminar schedule online at www.library.ucsf.edu/ed/ or pick up a schedule at the library's information desk on the third floor.

For more details about the faculty workshops, contact Persily at 476-3766 or email persily@library.ucsf.edu. Complete information is also available on GALEN II at www.library.ucsf.edu/tie.

21 Friday

REGENTS MEET AT UCLA

JEWELRY SALE: The Hospitals Auxiliary of the Medical Center presents its semi-annual benefit sale, 8 a.m.-5 p.m., MedSci lobby. Shop early for holiday gifts of Taxco sterling silver, Chinese court necklaces along with originals by Fumikio Ukai, which include jade, chinese serpentine, turquoise, jasper, quartz and cinnabar. Quantities and styles limited. Call 476-4906.

GLANTZ TALKS TOBACCO: Stanton Glantz, professor of medicine, CVRI associate staff member, presents *Tobacco Wars: From Science to Getting Sued,* 11:30 a.m.-1 p.m., Toland Hall. Sponsored by the Academic Business Officers Groups.

LECTURE ON HERBS: Jeanne Rose, author of "The Aromatherapy Book: Applications and Inhalation" and "Herbs and Aromatherapy for the Reproductive System," presents *Herbs and Aromatherapy,* noon, HSW 300. Learn to enhance the healing processes by activating all six senses. Learn self-care practices from massage to daily body care. Free. Sponsored by the Institute of Healing Arts & Sciences and Millberry Fitness Center. Call 584-4416.

22 Saturday

WILDERNESS MEDICINE SEMINAR: Outdoors Unlimited presents an all-day seminar, 9 a.m.-5 p.m. This seminar will give up-to-date information on how to deal with a variety of wilderness hazards and medical problems. Cost $40 ($10 extra for CE credit). For location and additional information, call 476-0417.

24 Monday

AGING SEMINAR: Steve Robinovitch, assistant professor, biomechanics laboratory at SFGH, presents a seminar about neuromuscular control and aging, 3:30-5:30 p.m., S 214. Sponsored by the intercampus graduate group in bioengineering at UC San Francisco and Berkeley campuses.

25 Tuesday

MEDITATION CLASS: Conducted by the Brahma Kumaris Meditation Center and sponsored by the Institute of Healing Arts and Sciences, 12-1 p.m., N 617. Free. Call 584-4416 to register.

26 Wednesday

BROWN BAG LECTURE: Ken Farber, director, stress reduction and well-being program, Institute of Healing Arts & Sciences, presents *Mindfulness and Stress Reduction,* 12:10-1 p.m., HSW 300. Explore a meditative approach to reducing stress, anxiety and chronic pain. Sponsored by Public Service Programs. Free. Call 476-4394.

27 Thursday

UCSF HOLIDAY

HAPPY THANKSGIVING!!

28 Friday

UCSF HOLIDAY

MOBILE MAMMOGRAPHY VAN: The UCSF van offers convenient breast cancer screening, 9 a.m.-3 p.m., Lakeshore Plaza, 1569 Sloat Blvd. The exam costs $75 and takes about 20 minutes. Written or verbal approval from a doctor is required. Call 476-2193 for an appointment and for other dates and locations.

December

1 Monday

WORLD AIDS DAY INAUGURAL SYMPOSIUM: UCSF officially launches the AIDS Research Institute with events, including a campus lecture, *Accelerating Discovery and Overtaking the Virus: Science and Solutions for the Next Era of AIDS,* 2-5 p.m., Cole Hall. (See page 5 for more details.)

2 Tuesday

UCSF STANFORD HEALTH CARE BENEFITS ORIENTATION: Newly hired and newly benefit-eligible employees of UCSF Stanford Health Care can learn about their benefit options, 8-9:30 a.m., Hellman Conference Room, UCSF/Mount Zion. A regular orientation schedule will be published shortly with dates for the new year. For more information on UCSF Stanford benefits, call 656-4545.

NEW EMPLOYEE ORIENTATION: 8:30-10:30 a.m., S 214. Call Leonard Florendo at 476-1073 to schedule.

TAY-SACHS SCREENING CLINIC FOR PREGNANT COUPLES: 9 a.m., UCSF Stanford Health Care. Call 476-4080 for an appointment.

LIBRARY WORKSHOP: The library's multimedia development lab offers a workshop for faculty members only, 9 a.m.-12 p.m., S 165. The workshop is an introduction to technology in education and putting teaching materials on the Web. Cost $20. Call 476-3766.

LECTURE ON YAWNING: Francis Schiller, professor, department of history of health sciences, presents *Yawning? Fact and History,* 8 p.m., S 214. Sponsored by the Bay Area History of Medicine Club. Call 753-8483.

RIVER PERMIT PARTY: See upcoming events.

3 Wednesday

MOBILE MAMMOGRAPHY: The UCSF van offers convenient breast cancer screening, 9 a.m.-3 p.m., Lakeshore Plaza, 1569 Sloat Blvd. The exam costs $75 and takes about 20 minutes. Written or verbal approval from a doctor is required. Call 476-2193 for an appointment and for other dates and locations.

SENIOR CARE FAIR: See upcoming events.

BROWN BAG LECTURE: Thomas J. Coates, director, AIDS Research Institute and director, Center for AIDS Prevention Studies, presents *HIV: Time For a Reality Check,* 12:10-1 p.m., HSW 300. Learn about the recent advances in research, prevention and treatment of HIV and AIDS. Co-sponsored by the UCSF AIDS Research Institute in honor of World AIDS Day and Public Service Programs. Free. Call 476-4394.

4 Thursday

HOLIDAY CRAFTS FAIR: EMPACT! presents its 8th annual holiday crafts fair, 8 a.m.-4 p.m., Millberry Union gym. The fair features handmade crafts created by UCSF employees and community artists. Call 476-2675.

TECHNOLOGY IN EDUCATION: The library's multimedia development lab offers a workshop for faculty members only titled *Creating Multimedia for the Web*, 4-6 p.m., CL 231. This workshop is for faculty who have already begun to create basic Web pages but would like to learn more about how to incorporate images, video and sound into their websites. Cost $20. Call 476-3766 or check out www.library.ucsf.edu/mdl/tie/.

WOMEN & SCIENCE: The Women's Resource Center presents *Asking Different Questions: Women and Science,* 6-7 p.m. (film) and 7-8 p.m. (discussion), N 217. Free. This event will explore the difficulties women scientists have faced in their fields, while going beyond the question of women's participation to reveal the kinds of contributions women have brought to science. Free. Call 476-5222.

5 Friday

ART SHOW & RECEPTION: Artist Sherrie Smith presents *Somewhere Between the Moon and the Sea,* 5-7:30 p.m., Faculty/Alumni House, 745 Parnassus Ave. The artist will be showing her work, watercolors and pastels. Sponsored by the Faculty/Alumni House. Call 476-2077.

NATIONAL HEALTH CARE CONFERENCE: See upcoming events.

8 Monday

UCSF STANFORD EMPLOYEE ORIENTATION: Employee orientations are held on the second Monday of every month. Call 656-4545 for more information.

9 Tuesday

NEW EMPLOYEE ORIENTATION: 8:30-10:30 a.m., S 214. Call Leonard Florendo at 476-1073 to schedule.

10 Wednesday

BROWN BAG LECTURE: Charles Epstein, professor, pediatrics and co-director, Human Genetics Program, presents *The Gene Dream Dilemma,* 12:10-1 p.m., HSW 300. Learn why and when researchers test patients to identify abnormal genes and who is predisposed to a variety of degenerative disorders. Sponsored by Public Service Programs. Free. Call 476-4394.

HOLIDAY CONCERT: Arts & Performances presents a special evening of music, 6 p.m., library's Lange Reading Room. The annual event features the all-student a cappella choir, The Vocal Chords and various special guest artists. Admission free thanks to the support of Sarah B. Childs Chamber Music Fund. Call 476-2675.

11 Thursday

TAY-SACHS SCREENING CLINIC FOR PREGNANT COUPLES: 9 a.m., UCSF Stanford Health Care. Call 476-4080 for an appointment.

GLADSTONE LECTURE: See upcoming events.

TECHNOLOGY IN EDUCATION: See Dec. 4 listing. Call 476-3766.

16 Tuesday

NEW EMPLOYEE ORIENTATION: See Dec. 9 listing.

17 Wednesday

BASICS OF INVESTING: See upcoming events.

18 Thursday

TAY-SACHS SCREENING CLINIC FOR PREGNANT COUPLES: 9 a.m., UCSF Stanford Health Care. Call 476-4080 for an appointment.

UCSF'S ELECTRONIC DAILY
DAYBREAK
FOR DAILY NEWS GO TO www.ucsf.edu/daybreak/

Ebola discoverer to speak at AIDS forum

The campus community is invited to the inauguration of the UCSF AIDS Research Institute (ARI), the largest AIDS initiative anywhere outside of the National Institutes of Health, on Monday, Dec. 1 — World AIDS Day.

The new enterprise is essentially an institute without walls, bringing together all existing AIDS programs at UCSF under a single umbrella. The ARI will encompass a dozen research institutes, a wide range of clinical, behavioral science and policy programs and roughly 1,000 investigators at various research sites in San Francisco.

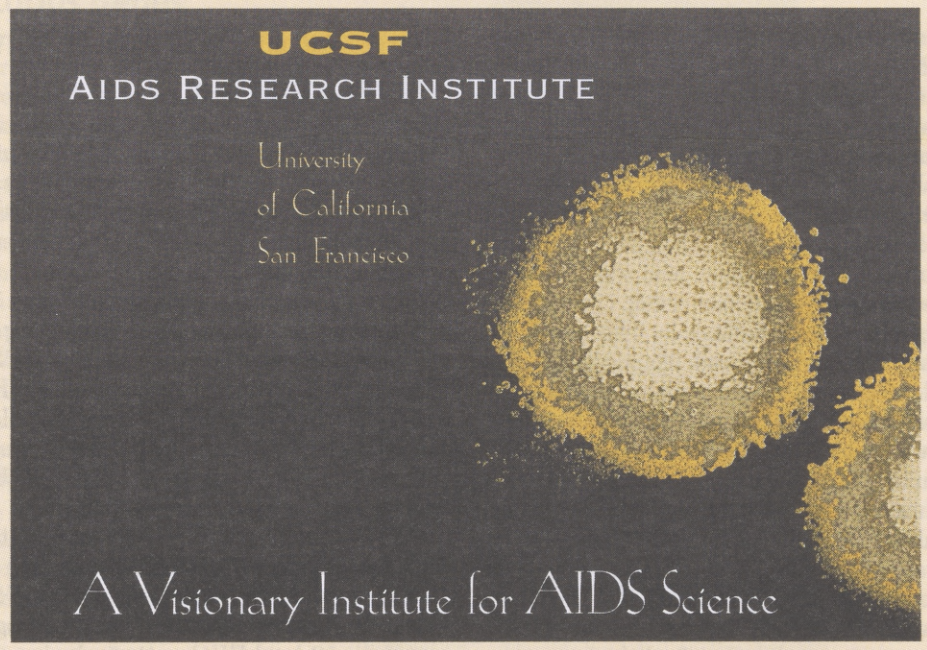
UCSF will celebrate the new institute with events held in conjunction with World AIDS Day, an annual program sponsored by the Joint United Nations Programme on HIV/AIDS (UNAIDS). This year's World AIDS Campaign will highlight the plight of children with HIV under the theme, "Give Children Hope in a World with AIDS."

UCSF will host an inaugural symposium, from 2 to 5 p.m., in Cole Hall. The event is titled, "Accelerating Discovery and Overtaking the Virus: Science and Solutions for the Next Era of AIDS." Some of the highlights of this forum include:

- Peter Piot, executive director of UNAIDS, is keynote speaker. Piot is a discoverer of the Ebola virus and one of the original AIDS researchers in Africa. He will discuss San Francisco's approach to the epidemic as a model for the global fight against AIDS.
- Coates and Chancellor Haile Debas will open the forum with a discussion of how UCSF plans to meet the challenges of the AIDS epidemic through the ARI.
- In keeping with the day's emphasis on children, Diane Wara, UCSF professor of pediatrics, will discuss pediatric issues and Karen Beckerman, UCSF assistant professor of obstetrics, gynecology and reproductive sciences at SFGH, will discuss the Bay Area Perinatal AIDS Center's (BAPAC) enormous success in preventing transmission of HIV from mother to child. Ninety percent of infections in children worldwide occur as a result of perinatal transmission, according to UNAIDS.
- Several UCSF researchers will present the latest news in HIV/AIDS research from ARI during an hour titled "Scientific Discoveries and Directions," which will be moderated by Paul A. Volberding, UCSF professor of medicine.
- Mayor Willie Brown will report on the success of San Francisco's prevention programs in reducing the number of new HIV cases.

Prior to the event at UCSF, a ceremony will be held in the National AIDS Memorial Grove Ceremony at 9:45 a.m. in Golden Gate Park to remember those lost to AIDS. Coates will speak about the hope that AIDS science will provide for the future. He will honor Mayor Willie Brown for his role in combatting the epidemic.

The ARI inaugural event is being held in collaboration with the Resource Center for the United Nations, located in San Francisco's Presidio.



Investment Fund Performance

Total rates of return for the UC 403(b), DCP and comparative indices

Ending October 31, 1997

UC Fund/Index	1 Month	3 Month	12 Month	5 Year*	Year To Date
UC Savings Fund	**0.51%**	**1.52%**	**6.22%**	**6.64%**	**5.16%**
US T-Bill (1-Yr)	0.44	1.35	5.58	5.08	4.66
UC Money Market Fund	**0.48**	**1.41**	**5.62**	**4.88**	**4.66**
US T-Bill (30-Day)	0.42	1.28	5.26	4.49	4.35
UC ICCF Fund	**0.63**	**1.87**	**7.60**	**7.93**	**6.29**
UC Bond Fund	**2.44**	**2.47**	**18.19**	**13.54**	**16.82**
Lehman Bros. Gov't/Corp/Yankee	1.60	2.04	9.01	7.66	8.25
UC Equity Fund	**-3.74**	**-4.82**	**26.22**	**17.63**	**18.69**
S&P 500	-3.34	-3.71	32.17	19.85	25.31
UC Multi-Asset Fund	**-0.64**	**-0.63**	**15.32**	**11.45**	**12.14**

* Annualized rate of return reflects average over the past five years.

Unit values for variable funds as of October 31, 1997: Equity **$195.73**; Bond **100.38**; Multi-Asset **22.26**

Unit values are similar to mutual fund share prices and change monthly to reflect changes in the market value of the fund's underlying investments, inclusive of interest and dividend income. Past performance is neither a guarantee nor a predictor of future returns.

Source: Jerry Neal, UCSF Benefits and Financial Planning

UPCOMING EVENTS

A river permit party

Outdoors Unlimited presents a "River Permit Party and Slide Show," on Tuesday, Dec. 2, at 7 p.m. Join a friendly group of boaters to discuss the 1998 season and the how-to's of permits, as well as view slides from trips that will leave participants waiting for the snow to melt. For more information and location, call Outdoors Unlimited at 476-2078.

Senior care fair

The UCSF Child & Elder Care referral service will be sponsoring a senior care fair titled "Caring for An Aging Parent or Relative and Need Some Ideas?" on Wednesday, Dec. 3, from noon to 2 p.m., in the MedSci lobby. Leading elder care agencies will be on hand to answer questions, hand out literature and explain their various programs. For more information about the fair or for quality elder care referrals, contact Jane Mahakian at 476-2692.

Schroeder to speak at national conference

Steven Schroeder, president, Robert Wood Johnson Foundation, will give the keynote address at a national conference titled "The Emerging Role of Hospitalists in American Health Care."

The growing role of the new breed of specialists, who manage the health of hospitalized patients, will be the subject of the two-day conference, slated for Dec. 5 and 6 at the Mark Hopkins Hotel in San Francisco. The conference is sponsored by the department of medicine in the School of Medicine and is supported by a grant from the US Agency for Health Care Policy and Research.

Schroeder also will give a grand rounds lecture titled "The Triumphs of the Market: What does it mean for medicine?" at noon on Thursday, Dec. 4 at N 225. President of the the nation's largest health philanthropy organization since 1990, Schroeder was previously a professor of medicine at UCSF, where he founded the division of general internal medicine.

Molecular biologist to give Gladstone lecture

The Gladstone Distinguished Lecture in Neuroscience will be presented on Thursday, Dec. 11 by Richard Axel. He will speak at 4 p.m. in SFGH's Carr Auditorium on "The Molecular Biology of Smell." Axel is Howard Hughes Medical Institute Investigator, Higgins Professor of Biochemistry and Molecular Biophysics, and professor of pathology, Columbia University. A molecular biologist who now applies the techniques of recombinant DNA and molecular genetics to problems in neurobiology, Axel has most recently focused on the molecular biology of perception and particularly of olfaction.

Basics of investing

The UCSF Benefits Office and Fidelity Investments present "The UC 403(b) Plan and the Basics of Investing," on Wednesday, Dec. 17, from noon to 1 p.m., in N 729. The fundamental concepts of investing will also be explained to help participants use the plan effectively. For more information, call 476-1400.

OU offers cabin rentals

Three cabins — one on the South Shore and two on the North Shore — are available to rent weekdays and weekends from December through April 1998. Reservations can be made now for the modern cabins, which have full kitchens equipped with microwaves, coffee makers and dishwashers and feature four bedrooms that can sleep at least 10 people in beds. Cabins have two to three bathrooms plus fireplaces and central heating.

The cabin in South Lake Tahoe is near Heavenly Valley Ski Resort and the cabins on the north shore are located in Truckee and Tahoe City. Midweek rates, for noon Sunday through noon Friday, are $150 per night for students and Millberry Union members and $160 per night for Outdoors Unlimited volunteers and UCSF employees. Weekend rates, for noon Friday to noon Sunday, are $425 for students and Millberry Union members, and $440 for Outdoors Unlimited volunteers and UCSF employees.

Stop by the Outdoors Unlimited rental center to view floor plans and get more details.

Head for the hills

Take to the slopes with other skiers and snowboards through Outdoors Unlimited! UCSF's outdoor adventuring cooperative is planning three trips to choose from: Dec. 23-28 at Lake Tahoe (pre-trip meeting Dec. 16); Dec. 30-Jan. 4 at Lake Tahoe (pre-trip meeting Dec.17); and Jan. 16-19 at Mount Lassen (pre-trip meeting Jan.7). The cost is $145/180/190 for Tahoe and $75/110/120 for Lassen. Sign-ups begin Monday, Dec. 1. For more information, call Outdoors Unlimited at 476-2078.

Campus blood drive

UCSF will hold a campus blood drive in January, national donor awareness month. The campus blood drive is set for Wednesday, Jan. 28, from 9 a.m. to 5 p.m., in the Millberry Union Conference Center. For more information on donating blood this time or anytime, call 476-6989.

Pediatric urology seminar

The School of Medicine and the Office of Continuing Education host their annual Pediatric Urology Seminar on Friday, Feb. 6, 1998. Alan B. Retik of Harvard University will be the visiting professor and local faculty will round out the program. This informal seminar allows abundant time for interaction with the faculty, so plan to bring the most difficult and challenging cases for discussion. The seminar will also continue the tradition of presenting "unknowns" with prizes for best "guests." Folks are encouraged to stump the visiting professor (without making the local faculty look too bad). For reservations and more information, call the School of Medicine at 476-1611.

Advances in neurology

The School of Medicine's department of neurology and the Office of Continuing Medical Education hold the 31st annual "Recent Advances in Neurology" seminar on Wednesday through Friday, Feb. 11-13, 1998, at the Fairmont Hotel in San Francisco. The seminar is designed for the practicing neurologist and will provide a review of clinical neurology, with a special emphasis on areas in which advances in understanding have occurred or progress in patient management has been made. Tuition fees are $395; $245 for interns, residents or fellows if a letter of verification from their training program is enclosed with an application. For advance enrollment, call 476-0318.

Pediatrics seminar

The department of pediatrics host the 31st annual "Advances and Controversies in Clinical Pediatrics," Thursday through Saturday, May 7-9, 1998, to be held at the Ritz-Carlton Hotel on Nob Hill. This year's program focuses on recent developments in dermatology, infectious diseases and orthopedics. Special guest faculty include Ronald C. Hansen, Thomas F. Kling Jr., and Richard J. Whitley. This course is intended for pediatricians and family practitioners and emphasizes the practical application of current concepts to office practice. Physician assistants, nurse practitioners and nurses may also benefit from participation. For more information call 476-5808, or fax, 476-0318.

Campuswide conservation campaign to add recycling program in January

By CLAIRE ANSELMO

Taking an obvious and important step in campuswide conservation, UCSF Facilities Management will now run a recycling program in addition to its Water & Energy Awareness Program.

UCSF recently signed a new 6-year, 354-day waste hauling contract with Sunset Scavenger Company to launch a recycling program on campus. Until now, the University has had no formal recycling program in place, and any efforts have been organized independently by concerned individuals in various departments.

As a result of the contract, recycling receptacles will be placed throughout the campus starting early in 1998 on a building-by-building basis. No specific locations have been determined so far, says Lisa Hagopian, manager of grounds and refuse for Facilities Management. Receptacle locations and other information will be announced in Newsbreak and Daybreak in the weeks ahead.

Once the bins are in place, the campus community will be able to recycle various sorts of mixed paper, including white and colored paper, computer paper, newspaper, magazines, catalogs, phone books, cardboard, and file folders. Metal paper clips and staples may be left on paper. Glass bottles and jars, aluminum cans, steel and tin cans, and plastic No. 1 and No. 2 bottles also will be acceptable for recycling. Caps, however, must be removed from containers prior to being tossed into recycling bins.

Items considered unacceptable for recycling include thermal fax paper, paperback and hardcover books, styrofoam, food containers and other food waste, coffee cups, hand towels and tissue, plastic bags, shrink wrap, light bulbs, ceramic dishes and mugs, drinking glasses, yogurt containers and other non-bottle plastics.

Six hundred 16-gallon containers, provided in two-piece sets, one for mixed paper and one for mixed bottles and cans, will be placed at major collection points, such as kitchens or conference rooms. Contents eventually will be collected in one of nine large bins at various loading docks. Sunset Scavenger will also provide a one-time $6,000 donation to buy the containers, according to their contract.

Trash and recycling compactors also will be installed by Sunset Scavenger in the School of Nursing, School of Dentistry, Medical Sciences Building, Ambulatory Care Center and UC Hall, all of which were inspected to determine what upgrades in supplies and equipment were necessary to implement a campuswide recycling program, according to Frank Bloom of Facilities Management.

Most departments on campus recycle white paper only with limited assistance from Facilities Management while most recyclable materials are often tossed into the trash.

Facilities Management and Sunset Scavenger hope to eliminate 14 different types of material from the campus' waste stream — or about 30 percent of UCSFs' current waste, according to the recycling plan.

Limiting campus waste headed for landfills should be good news to avid recyclers including billing assistant Mary Farkas, who works in accounts receivable for UCSF Stanford Health. "At work, I make sure nothing goes in the trash unless it's trash," says Farkas. "I recycle paper, and I try to keep in mind that when we're printing paper, we're killing trees."

Aluminum cans and glass bottles are currently recycled at the Millberry Union Plaza, however, Hagopian says those efforts are arranged under private contract by Auxiliary Services.

With its current contract with Sunset Scavenger due to expire at the year's end, UCSF expressed interest in adding recycling during contract renewal discussions.

Cost, says Hagopian, had been the primary issue preventing a formal recycling program from appearing earlier on campus.

"We needed $180,000 in capital equipment (for the compactors), and all the labor and logistics had to be worked out. But the new contract has been negotiated so that Sunset buys the compactors and leases the equipment to us," she says.

One of the key selling parts to the contract, Hagopian says, was that Sunset offered the program at no initial out-of-pocket cost for materials to the campus.

Eventually, Hagopian says, the recycling program will need additional funding to cover labor costs, to be maintained. However, the amount of funding necessary has not yet been determined.

Now in its second year and sponsored by Facilities Management, the UCSF Water & Energy Awareness Program started after the state legislature froze utility budgets for public institutions. As a result, the UC system had to pay its utility bill with funds already allocated. President Richard Atkinson said campuses could keep any funds they saved through a conservation program, such as the one initiated at UCSF.

As part of its efforts to maintain awareness and spark involvement, the conservation program is continuing to randomly reward anyone found wearing a campaign button with an energy-saving prize.

Spotters are on the lookout for anyone wearing the blue and white button with the familiar slogan, "Save water. Save energy. It's the right thing to do." Stay tuned for locations where the buttons will be available.

"This is an important part of our campaign," says Dave Bohler, a Facilities Management manager. "It's our way of getting out our message, while at the same time rewarding in a substantial way the people who show they really support conservation. We want this to be an interactive program."

For more information on the UCSF Water & Energy Awareness Program, call the conservation hotline at 502-8350, visit the web site at www.fm.ucsf.edu/energy. htm or e-mail hydrowatt@fm.ucsf.edu.

RESEARCH ROUNDUP: TREATING THE HEART

A clinical pathway to improved patient care

There are significant geographical differences in the way medical problems like congestive heart failure are treated — and thus, enormous cost differences.

But medical centers that implement a "best practice" guideline, such as those developed by the Agency for Health Care Policy and Research (AHCPR), are more likely to achieve improved treatment, more efficient and cost-effective care, and increased patient satisfaction, according to researchers at UCSF/Mount Zion Medical Center.

Researchers took the agency's recommended guidelines for congestive heart failure and adapted them for patients served at the UCSF/Mount Zion Medical Center. The Agency for Health Care Policy and Research (AHCPR) is a division of the US Department of Health and Human Services that supports the research on which Medicare policy and practices are based.

The team found that the implementation of the guidelines resulted in improvements in patient care, fewer readmissions within 30 and 60 days of hospital discharge, and decreased cost and lengths of stay. Costs were reduced by 17 percent and length of stay was reduced from 6.6 days to 5 days.

The UCSF/Mount Zion team, led by Patricia Sparacino, UCSF associate clinical professor in the School of Nursing, conducted a retrospective audit of 100 patients, implemented the new guidelines — known as a clinical pathway — and followed 100 patients after implementation of the pathway.

"It is significant that when we are able to change ways in which we are caring for patients, that we can continue to make improvements," Sparacino says.

Some of the specific improvements cited in the study include: 76 percent of the patients were discharged on medications known as ACE inhibitors after the guideline implementation, compared to 59 percent of previous patients; education about signs and symptoms of heart failure was given to 49 percent of patients after guideline implementation compared to 38 percent before; and readmissions occurred after 60 days in only 8 percent of the patients after implementation of the guideline compared to 14 percent before.

—Dale Martin

Treating angina without surgery or drugs

Patients who experience the crushing chest pain of angina appear to benefit from a new, non-surgical treatment that boosts blood flow to the heart.

Even heart patients who previously have undergone more expensive, invasive interventions to clear blood vessels supplying the heart may benefit from the treatment, called Enhanced External Counterpulsation (EECP), according to researchers.

These findings from a multi-center clinical trial and the results from other studies summarized below were presented last week in Orlando at the 70th Annual Scientific Sessions of the American Heart Association in Orlando, Florida.

For many patients with angina, EECP may be an attractive therapy to use in combination with angioplasty or open-heart surgery, or as an alternative to these invasive procedures, according to Tony Chou, a cardiologist at UCSF. UCSF is the only medical center outside the East Coast to have participated in the first nationwide trial to test the safety and effectiveness of the treatment.

"Among patients who complete EECP therapy, episodes of angina were halved, and patients in the study also tended to use less of their nitroglycerin to treat their chest pains," Chou says. "In addition, endurance during treadmill exercise tests improved significantly."

These improvements on the exercise stress test corresponded to a delay in the time it took for the heart to become oxygen-starved.

Angina is a chest pain that often afflicts coronary artery-disease patients because the heart muscle has trouble obtaining sufficient oxygen to fulfill its pumping duties adequately. The pain may recur continually, even in patients who take medications or who have had major bypass surgery or angioplasty to clear arteries that supply the blood-pumping organ with oxygenated blood.

Blood pressure in the arteries and veins normally causes blood to flow toward the heart during its pumping phase, called systole, and also between heartbeats, when the heart is in its filling phase, called diastole. The heart, unlike other organs and tissues, gets most of the oxygen it needs during diastole.

During EECP treatment, a patient lies on a padded table. Clinicians wrap pressurized cuffs, similar to the ones used to measure blood pressure, around the calves, thighs and lower buttocks. By increasing diastolic blood pressure, inflation of the EECP pressure cuffs increases blood flow, supplying more oxygen to the coronary arteries that feed the heart.

Conversely, when the heart pumps, the cuffs deflate instantaneously, momentarily reducing blood pressure and lessening the heart's workload as it delivers oxygenated blood throughout the body.

Many researchers believe that EECP treatment fosters growth of new, small blood vessels, called collatorals, which feed the heart additional oxygen, although this has not been proved.

The average age of the 139 angina sufferers who participated in the study was 63, and 87 percent were men. Forty-nine percent had prior heart attacks and 57 percent had undergone bypass surgery or angioplasty. All participants already were taking the doses of nitroglycerin or other medications to control their angina.

"Most patients are quite comfortable during treatment," Chou says. "Many read, listen to music or watch television, and some even fall asleep." Some patients experience discomfort in the lower legs, but rarely to a degree requiring cessation of treatment, according to Chou. No serious complications were observed in study participants, he adds.

Vasomedical Inc. of Westbury, N.Y., the manufacturer of the device used to perform the procedure, sponsored the study, which was conducted by physicians at seven academic medical centers.

—Jeffrey Norris

Continuous EKG monitoring yields benefits

Heart-attack patients whose electrocardiogram (EKG) patterns are continuously monitored in the hospital are likely to have less heart damage and improved outcomes, according to UCSF researchers.

Every individual suffering a heart attack has an EKG pattern that is as unique as a fingerprint, according to Barbara Drew, professor in the UCSF School of Nursing. Normally, this EKG information — which is a record of electrical activity from 12 different viewpoints and is known as the 12-lead EKG pattern — is documented once when an individual arrives at the hospital but is not continuously monitored thereafter.

Drew and her colleagues at UCSF found that by continuously monitoring a patient's 12-lead EKG pattern during the hospital stay, problems with inadequate blood flow to the heart can be detected better than by using the current routine monitoring methods.

Problems with inadequate blood flow to the heart go undetected 80 percent of the time because the patient does not experience chest pain or other warning symptoms during these inadequate blood flow events, Drew reports.

Of the 422 patients in Drew's study, 118 patients had a total of 463 inadequate blood flow events. The 12-lead EKG monitoring method detected 100 percent of these events, but the routine way of monitoring detected only 33 percent.

"This type of non-invasive monitoring is going to revolutionize the way we monitor patients in a hospital setting," she says.

One of several hundred presenters at the Orlando annual meeting, Drew observed there has been increasing interest in the development of non-invasive monitoring of patients.

"If we can get just as good information about what is wrong with a patient's heart without using drugs or needles, that is the preferred way to go," Drew says. "This type of monitoring is less costly and has no complications for patients."

—Dale Martin

Kessler urges UCSF Stanford to take high road in health care

By LISA CISNEROS

Former FDA Commissioner David Kessler applauded the "vision" and "leadership" behind the formation of UCSF Stanford Health Care and urged the merged organization to remain true to its values.

"I applaud all of you for taking on a task of daunting proportions," he said last week in UCSF's Cole Hall. "To many at these two great institutions I know at times it must have seemed like you were taking on the impossible. But against all the obstacles you did it and for this I applaud you."

Kessler, who was head of the FDA from 1990 until last July when he became dean of the Yale University School of Medicine, likened the gutsy move to merge to the FDA's bold move to take on the tobacco industry by regulating nicotine as a drug.

"I was told that no one could oppose a $60 billion tobacco industry with tentacles of influence that reached all over the nation and the globe," he said. "It was not a concept that I could accept. And together with a small group of very dedicated men and women we dared to do what everyone said could not be done."

Kessler decided against tackling the beef industry when asked for his opinion about the safety of the US beef supply in light of the Nobel-Prize winning research of UCSF neurologist Stanley Prusiner. "The great thing about being former FDA commissioner is the way I can answer that question," he said. "We didn't have jurisdiction over meat, the USDA had. And I'm very glad for that."

"We need houses of healing, like these houses of healing, where the relationship with the patient is a covenant of faith, not a business contract..."

–DAVID KESSLER
Former FDA Commissioner

But while at the FDA, Kessler did impose a regulation to ban the use of sheep and cattle scraps from slaughterhouses as a food supplement, the route of infection that seems to best explain the outbreak of disease in British cattle and in humans as well.

Kessler, known for revitalizing the beleaguered FDA, in part by streamlining the time required to evaluate new drugs it approved, was also asked about the speed at which drugs are now approved. It takes about 12 to 15 months for the average drug to get an OK by the FDA, he said, adding that that's probably about the right amount of time to ensure safety.

Lisa Cisneros

Former FDA Commissioner David Kessler makes a point.

Responding to a question about the use of marijuana for medicinal purposes, Kessler said that while he supports clinical trials of the weed, he does not put much faith in its therapeutic value. "I have a hard time believing that with all our mastery of drug delivery that we can't find better ways to deliver the active agents necessary... There's got to be a better way."

Kessler's main message to the audience was to remain true to their goals to maintain and magnify UCSF and Stanford's already stellar reputations for research, education and patient care despite market demands and economic pressures which he described.

"We now see health care organizations that have been created more for the wealth of individuals and companies than for the health for the patients and their care," he said.

"More and more I would argue that we see health care as something less than managed. We see cost-cutting that is beginning to erode the excellence that has made this country into a world leader in health care."

Kessler urged the audience to counter these trends. "We need houses of healing, like these houses of healing, where the relationship with the patient is a covenant of faith, not a business contract, an article of trust, not an exchange of services. We need hospitals like this one that are willing to heal without payment."

"For the integrity of the medical center is based not only on the services it provides, but also on the degree of dignity that it extends its patients. Our professions demand that we deliver services that are compassionate and humane, not just technologically adequate. And when the bottom line is profit and profit only then we cannot deliver."

MEDICAL CALL BOARD

Lupus genes

A UCSF researcher has launched a cross-generational study to identify the genes that are linked to lupus, a potentially fatal disease that strikes up to 10 times as many women as men and a disproportionately high percentage of African-Americans and Hispanics.

Lindsey Criswell, assistant professor of medicine at UCSF, is seeking 750 patients who have been diagnosed with lupus, a disease that can lead to irreversible kidney damage and stroke in very severe cases. Participants must have at least one parent willing to undergo a simple procedure for researchers to compare DNA results.

Lupus is one of the most serious of the autoimmune diseases. Genetic factors probably play a major role in the increased susceptibility of ethnic minorities, says Criswell, who is studying 10 "candidate genes" — genes that may predispose an individual to the disease. Parents of participants will be asked to do a self-administered buccal smear test — obtained by running a soft brush along the inside of the mouth — which can be mailed to researchers. Participants are also asked to complete a questionnaire and allow researchers to review their medical records.

Patients respond well to current drug treatments, but their prolonged use has been associated with a variety of serious side-effects. "We hope that by defining the genetic determinants of this serious illness, safer, more effective drugs will eventually become available," Criswell says.

Lupus patients interested in participating in the study should contact Jennifer Bardsley, the project manager, at 502-7775, or toll-free at 888/223-3067.

HIV transmission

UCSF researchers are seeking heterosexual/bisexual partners for a study to find effective ways to prevent HIV transmission. Eligible participants must be at least 18 years old and in a relationship where one or both partners are HIV positive. The study offers free HIV, STDs, pregnancy and other tests, counseling, referrals to services and other studies, and cash payments for participants. Study visits are confidential. For more information, call 1/800/262-2430.

Exercise and cancer

Investigators led by Marylin Dodd, professor, UCSF School of Nursing, are conducting a pilot study to determine the effects of a systematic exercise training program on the outcomes of fatigue and the overall quality of life in cancer patients receiving chemotherapy treatment. The study will determine the effects of individualized exercise training on fatigue-associated symptoms of decreased physical fitness, sleep problems and depression. Eligible participants should be at least 18 years old, have a confirmed diagnosis of malignancy, able to read, write and speak English and be expected to survive at least a year, among other criteria. For more information, call Kathleen Dzuber, exercise physiologist, at 510/597-1189.

DHEA: mood and memory

UCSF researchers are studying effects of the steroid hormone DHEA on overall well-being. Study candidates should be between the ages of 56-85, speak English as a primary language, have NOT had a stroke or any prostate, breast, or uterine cancers, have no serious depression, and you are NOT currently using hormones (i.e. hormone replacement therapy, steroids, hormone-containing creams or patches). Subjects will take DHEA for six months and placebo for six months. Study drugs will be provided at no charge, and all subjects will be reimbursed for the 13-month study. Call 476-7840 ext. 2 for more information.

Heavy menstrual flow

The UCSF department of ob/gyn and reproductive sciences is looking for women with heavy uterine bleeding to be part of a nationwide study looking at medical treatments versus hysterectomy of 3,000 women.

This study involves commonly used treatments for bleeding — there are no new medications or procedures being tested. Participants must be between 30 and 50 years old and have heavy, prolonged menstrual periods. They will be interviewed about the effects of their bleeding and treatment on their functioning and well-being. Participants can be treated by their own gynecologist. Those interested in the study should call Pat Brown at 206-3634 or Paige Fratesi at 206-3096.

INSIDE UCSF

UCSF's post-merger profile

While the merger of UCSF and Stanford clinical programs has not altered the physical look of the campus, UCSF's employee profile has changed. Before Nov. 1, when the new UCSF Stanford Health Care went into operation, UCSF employed 16,392 people (full- and part-time positions). Here's the new post-merger employee picture:

UCSF

Total employees: 13,200

(Includes 1,200 UCSF employees leased to UCSF Stanford Health Care)

UCSF STANFORD HEALTH CARE

Total employees: 12,000

(includes 4,200 UCSF Stanford Health Care employees at UCSF sites and 1,200 leased UCSF employees)

Source: Human Resources departments

Device offers hope for hearing impaired

By SUZANNE LEIGH

A new generation of hearing devices that minimizes sound distortion may help thousands of Americans who struggle to follow conversation but have refused to wear hearing aids.

"Newly developed digital hearing aids produce a cleaner sound that is easier on the ear and, unlike many other devices, they do not over-amplify loud sounds," says Robert Sweetow, director of the Audiology Clinic at UCSF.

A UCSF audiology team has tested these digital hearing aids and found they can improve speech understanding under certain noisy conditions.

The digital hearing aids work by converting incoming sound to numbers. These numbers are then analyzed and manipulated via a set of rules called algorithms that are programmed into the computer chip operating the hearing aid.

The new hearing devices differ from the previous digitally programmable hearing aids. The previous models operate in an analog form meaning that sound entering the microphone is amplified and filtered by a variety of electronic components. This system results in a limited capacity to perform complicated sound processing strategies needed to help correct complex hearing impairments.

"As much as 80 percent of the potential market is eschewing hearing aids, largely because of their stigma, but also because they are dissatisfied with sound distortion and background noise," says Sweetow.

He believes the availability of the new digital devices, coupled with President Clinton's recent admission that he has obtained hearing aids for each ear, may now prompt more people to reconsider hearing devices. About 28 million Americans are hearing impaired and this figure is likely to increase as the number of seniors increases, he adds.

Engineers have been grappling with the development of digital hearing aids for several years, but they have been thwarted by the size of the processor and the amount of power needed to operate the device. A few years ago an unsuccessful attempt was made to market a version of a digital hearing aid that required the user to carry a large signal processor and battery pack attached to the belt.

A breakthrough came recently when hearing aids that are totally digital and require minimal battery power were developed. Models include those that fit entirely in the ear canal, behind the ear, and the partially visible half-shell version.

Digital hearing aids cost more than other hearing devices but the higher cost may be justifiable for some people depending on the complexity of their auditory needs, Sweetow says. The new digital models start from about $2,200.

Sweetow emphasizes the digital device is not a panacea — technology cannot fully compensate for hearing impairments. For maximum benefit, hearing aids should be used in tandem with other skills such as lip reading, observing facial expressions and body language, and managing the acoustic environment. It is also important to recognize that hearing aids do not replace the need to listen, he says.

Audiology researchers at UCSF are looking at ways to further enhance both the listening skills of patients wearing hearing aids and the digital devices themselves. A series of home practice listening exercises are being developed for use with all hearing aids. In addition, the researchers are exploring ways the hearing aid can optimize benefit to the patient, such as by altering the duration of consonants and vowels.

Chris T. Anderson

Rehabilitation specialist Vince Mackie partners with Beaulah Gray, who celebrated her 100th birthday Nov. 10 at a party at the Alzheimer's Day Center.

A centennial celebration

Beaulah Gray danced the afternoon away during her 100th birthday party at the Alzheimer's Day Center, where she spends four days a week keeping active.

Gray spent her Nov. 10 birthday kicking up her heels to a one-man band and lunching with friends at the center, a program of the Goldman Institute on Aging. The event was marked with a special proclamation signed by Mayor Willie Brown declaring "Beaulah Gray Day" in San Francisco.

Gray was born and raised in Chickasaw, La., and moved to San Francisco with her husband in 1946. She is a resident of the Oceanview neighborhood and is a life member of the New Providence Baptist Church.

Devoted to persons with memory loss, the Alzheimer's Day Center is one of many programs for the elderly offered by the UCSF-affiliated Goldman Institute on Aging. Structured and interactive activities help clients avert placement in a nursing home by maximizing mental and physical abilities. Operating six days a week, the program provides noon meals and transportation for clients. The center also offers support group and respite care for caregivers. For more information on the center, call 750-5330.

Mission Bay (from page 1)

Machado and Silvetti as the master planners for the 43-acre Mission Bay site.

Machado and Silvetti will be asked to prepare a detailed master plan to guide the phased development of the site, but many other architects are expected to design individual buildings. UCSF officials will return to the Regents for approval of these individual building projects and with recommendations for those who will design the first buildings.

Campus officials are also working with the state to secure financing for building 1B, expected to be a 175,000-square-foot laboratory building. The next building — 1C — will be funded through private donations.

UCSF is now finalizing plans for its next Capital Campaign to raise about $250 million for bricks and mortar projects such as Mission Bay.

Chancellor Debas has asked faculty to identify programs that may eventually occupy the Mission Bay campus and more importantly, to name the first departments to move in. "We will need to carry out this portion of the planning process as expeditiously as possible if we are to maintain the funding and construction schedule to which we are committed," Debas said.

Faculty representing six research areas are meeting to consider how the Mission Bay campus can be used to strengthen existing research efforts as well as to develop new scientific areas of research. Debas has asked faculty to specify and submit proposals by Wednesday, Dec. 10 on how the space would be used, how many new faculty would be hired, and what special animal care and equipment are needed.

University officials are especially concerned that the planning for the new campus reflect the principles identified by the Mission Bay Task Force to maintain excellence in research and training on Parnassus and to foster better integration and cooperation at all UCSF sites.

Domestic partners (from page 1)

On Thursday, the Regents' Committee on Finance was to vote on the issue but the full board will not vote until today.

The implications of the vote are especially relevant to UCSF. Approximately $60 million in contracts with the City of San Francisco are at stake because of the city's ordinance requiring vendors to offer health benefits to domestic partners.

Chancellor Haile Debas is in favor of granting domestic partner benefits. Not only are UCSF's contracts with the City of San Francisco threatened by UC's inability to provide such benefits, he said, but UCSF faculty and staff struggle without such benefits.

"I believe the issue of providing domestic partner benefits is not an ethical or a moral question but one of basic fairness for all our employees," Debas said.

"A 'no' vote could also affect the morale of UCSF employees, who overwhelmingly seem to favor granting the benefit."

Indeed, Ron Kos, an accounts payable manager at UCSF who has given testimony at previous Regents' meetings in support of domestic partner benefits, is surprised that "there's been no evidence of opposition.

Universities offering domestic partner benefits

Stanford
MIT
Harvard
Yale
University of Michigan
SUNY Buffalo
University of Iowa
University of Minnesota
University of Maine system
Brown
California Institute of Technology
Columbia
Cornell
Dartmouth College
Duke
Princeton

"I really think UC is a great institution but those of us who are where the rubber meets the road want fair treatment," Kos said this week. "There's a great level of trust and an undercurrent of anger of UC employees who feel they deserve this benefit."

Atkinson, who believes it will strengthen UC's ability to compete for top faculty and staff, estimates the cost of providing medical, dental and vision care to same-sex domestic partners as ranging from $1.9 million to $5.6 million, a cost he does not consider significant. His plan would also make benefits available to retirees and children of same-sex domestic partners.

> **"I believe the issue of providing domestic partner benefits is not an ethical or a moral question but one of basic fairness for all our employees."**
>
> –HAILE DEBAS
> *Chancellor*

If the Regents approve Atkinson's plan, domestic partner benefits would take effect January 1, 1998. Because open enrollment ends today, Atkinson says a "special provision would have to be made later to offer open enrollment and extend health care benefits to employees with domestic partners who meet the requirements established by the University."

The suggested requirements include: meeting the University's definition of domestic partner — an unmarried partner of the same sex as the University employee who is eligible for benefits, both partners must be at least 18 years of age, not married to any other person and not committed to any other domestic partner, living together in a long-term relationship of indefinite duration with an exclusive mutual commitment similar to that of a marriage, and agreement by the partners to be financially responsible for each other's well-being and for each other's debits to third parties.

The second requirement would be to sign and file with the University an affidavit declaring that the conditions stated are met and that the employee and domestic partner have shared a common residence for at least twelve consecutive months. The third requirement would be to supply documentation of mutual financial support such as copies of joint home ownership or lease, common bank accounts, credit cards, or investments.

In an interview on Monday, Lisa Kalustin, a spokesperson for Gov. Wilson, offered this explanation of the governor's opposition to the plan. "The governor believes that public dollars should not be expended to provide insurance for unmarried couples," she said. "Marriage is a relationship that has unique duties and obligations and our laws recognize the institution of marriage as having unique value. This is not some fly-by-night position he is taking. The governor has a consistent track record regarding supporting the institution of marriage."

Kalustin said the governor's position is "a policy statement not a political one" and "has nothing to so with sexual orientation."

Not all agree. Some believe Wilson is opposing domestic partner benefits at UC as a political slap at Mayor Willie Brown, in punishment of the City's domestic partner ordinance, and in preparation for a possible second run for the presidency.

"I think it's deplorable that Governor Wilson is using this as some kind of campaign tactic," said Donald Abrams, UCSF professor of clinical medicine and a member of the Chancellor's Advisory Panel on Lesbian, Gay and Bisexual Issues. "I think he's deluding himself to think he's a viable candidate for the presidency."

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